

Generally, men tend to lead a less healthy lifestyles which include smoking, drinking alcohol, and more likely to be overweight. Most of them only start to take care of their body when their health deteriorated. Perhaps this is one of the reasons that men's life span is six years less than women's.

One of the men's vital health-defining hormones is testosterone. It is produced to serve an important role in the growth of bone and muscle, to promote sexual function, to make sperm and boost sex drive. In short, testosterone is particularly vital for men's overall health.

However, some men will suffer a greater drop in testosterone levels as they age, especially when they are obese or have other chronic diseases. On the other hand, healthy older men with normal body weight may not experience any drop in testosterone levels.

There are many ways for men to improve their testosterone levels. We recommend men to take herbs e.g. K-AyuVigo and K-Ayurin Plus which are beneficial to men reproductive health and to prevent prostate problems, Osaji to prevent diabetes, hypertension and other blood circulatory diseases, and K-Cenzyme Plus mixed with K-Liquid Chlorophyll to reduce excess body fat and improve the overall gut health.

Lastly, I wish all men in good health. Take charge of your health by incorporating the right lifestyles, diet and supplements into your life. The rewards of optimal health and well-being will be well worth your efforts.



Tips of **LONGEVITY FOR MEN**

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MAL 05092271T KKLIIU0445/2017

K-AyuVigo is a herbal combination that is safe tonic for men. It is made from time tested natural ingredients that have great nutritional value. Therefore it puts nature's healing powers to work for you. It improves general metabolic activity, relieves different age-related symptoms, and promotes health vigor and a sense of well being.



MAL06011905T KKLIIU 1252/2015

Osaji is specially formulated from a type of natural plant called Sea Buckthorn. The pure Sea Buckthorn oil is rich with nutrients and contains nutrients beneficial to the body.



MAL 13035028T KKLIIU0445/2017

K-Ayurin Plus is a herbal combination that is highly recommended to remove the build up of toxins in the body due to metabolism of natural chemicals in the body.



K-Cenzyme Plus is a highly alkaline health beverage which is rich in enzyme that is produced from natural fruits and vegetables essence through an advanced fermentation technology. It is highly effective in body detoxification and enhancing the absorption of nutrients in our body.